components are too soft for use as spreads at a range of temperatures.

We claim:

1. In an edible water-in-oil emulsion spread comprising a liquid vegetable oil phase and hardstock, the improvement whereby the content of saturated fats and trans fatty acids is reduced, said improvement comprising the use, as the hardstock component, of:

an interesterified mixture having a behenic acid content of at least 8% and having a palmitic and stearic acid content totaling at least 50%, the interesterified mixture being obtained by interesterification of a source fat rich in behenic acid content with a source fat rich in palmitic acid, stearic acid or mixtures of palmitic and stearic acid, said source fat rich in behenic acid being selected from the group consisting of fully hardened high erucic acid rapeseed oil, fish oils, mustard seed oil and mixtures thereof.

2. A spread according to claim **1**, wherein the interesterified mixture comprises: at least 10% behenic acid content.

3. A spread according to claim **1**, wherein the source fat rich in palmitic acid, stearic acid or mixtures of palmitic and stearic acid is 10% to 90% by weight palm stearin.

4. A spread according to claim **1**, wherein the source fat rich in behenic acid comprises 90% to 10% by weight fully hydrogenated high erucic rapeseed oil.

5. A spread according to claim **1**, wherein about 40% of the source fat rich in behenic acid and about 60% of the source fat rich in palmitic acid, stearic acid or mixtures of palmitic and stearic acid are interesterified.

6. A spread according to claim **1**, wherein the source fat rich in palmitic acid, stearic acid or mixture of palmitic and stearic acid comprises more than 60% by weight of palmitic acid.

7. A spread according to claim **1**, wherein the source fat rich in behenic acid comprises more than 30% behenic acid.

8. A spread according to claim **1**, wherein the source fat rich in palmitic acid, stearic acid or mixtures of palmitic and stearic acid is selected from the group consisting of wet or dry fractionated palm stearins, technical tripalmitin, fully hydrogenated sunflower oil, safflower oil, soybean oil, corn oil, olive oil, low erucic rapeseed oil, and mixtures thereof.

9. A spread according to claim **1**, wherein the interesterified mixture comprises less than 10% weight trans fatty acids.

10. A spread according to claim **9**, wherein the interesterified mixture comprises less than 5% weight trans fatty acids.

11. A spread according to claim **10**, wherein the interesterified mixture comprises almost zero trans fatty acids.

12. The spread of claim **1** wherein the interesterified mixture is obtained by interesterifying 90%–10% by weight fully hydrogenated high erucic rapeseed oil and 10%–90% by weight wet fractionated palm stearin.

13. The spread of claim **12** obtained by interesterifying 60% by weight of said wet fractionated palm stearin and 40% by weight of said fully hydrogenated high erucic rapeseed oil.

14. An edible water in oil emulsion spread comprising:

an interesterified mixture having a behenic acid content of at least 8% and having a palmitic and stearic acid content totaling at least 50%, the interesterified mixture obtained by interesterification of a source fat rich in behenic acid content with a source fat rich in palmitic acid, stearic acid or mixtures of palmitic and stearic acid, said source fat rich in behenic acid being selected from the group consisting of fully hardened high erucic acid rapeseed oil, fish oils, mustard seed oil and mixtures thereof,

(b) a liquid vegetable oil in a proportion to the interesterified mixture such that the overall level of saturated fats present in the spread is less than 15%.

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